

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

1.9
H755R

HOUSEHOLD CALENDAR

Cooking American Grown Rice

LIBRARY
RECEIVED

★ OCT 28 1936 ★
U. S. Department of Agriculture

A radio talk by Miss Ruth Van Deman, Bureau of Home Economics, delivered in the Department of Agriculture, period of the National Farm and Home Hour, broadcast by a network of 48 associate NBC stations, Thursday, October 22, 1936.

--ooOoo--

MR. SALISBURY: Our time here in Washington today is rather short. But I know that many of you, especially the women, will be expecting to hear Ruth Van Deman give one of her regular Thursday Household Calendar talks. So we're going 50-50 in home and farm today. We're dividing our ten minutes equally between the two. And we're putting the home first. Ruth, the air is yours.

MISS VAN DEMAN: For 5 minutes. All right, Morse, I'll try to tell all I know about cooking rice in 5 minutes.

MR. SALISBURY: Cooking rice in 5 minutes? Isn't that rather fast cooking?

MISS VAN DEMAN: No, no. Not cooking the rice in 5 minutes. Telling about it in 5 minutes. Morse, you are giving me the air today; and I think maybe you're taking me for a bit of a ride.

MR. SALISBURY: Just an air ride.

MISS VAN DEMAN: All right. Now since you're so wise about rice, just tell us how much of a crop we have this year, how many pounds, or barrels, or--

MR. SALISBURY: Bushels, Ruth. The rice crop is measured in bushels. Well, if I remember my statistics right, we grow some 40 odd million bushels of rice in a year in these United States. This year there's a big crop. I believe it's between 45 and 46 million bushels. Drought, grasshoppers, and what not, didn't damage the rice crop.

MISS VAN DEMAN: Good. And is most of it the variety they call Blue Rose?

MR. SALISBURY: I don't know about the Blue Rose. But I do know that most of our American-grown rice is of the medium-grain type, that is, the rice grown in Louisiana, Texas, and Arkansas. In California they grow a short-grain rice, more like the Japanese kind. Then there's a long-grained type. Ruth, that shows the three types of grains.

MISS VAN DEMAN: Yes, you mean Leaflet 112, "Cooking American Varieties of Rice".

(over)

MR. SALISBURY: Well, the picture on the cover of that leaflet shows the three types of grains.

MISS VAN DEMAN: That's right. And we found they differ a lot in their cooking qualities. Miss Stienbarger tried them all out -- short-grain, medium-grain, long-grain -- several varieties of each. She wanted to work out an accurate time-table on boiling rice, so the grains will come out tender but keep their shape, and stay separate, not cling together in a sticky, pasty mass. I don't know why it is but we Americans just don't seem to be natural-born rice cooks. We overcook it, and we don't use enough water.

Miss Stienbarger found in her experiments that Blue Rose rice, which is one of the most popular of the medium-grain varieties, needs 22 minutes for boiling to perfection. Rexoro, one of the long grains, was done in 16. For 1 cup of dry rice you need 2 quarts of water, salted with 2 teaspoons of salt. The water should be boiling rapidly when you sprinkle the rice in, and, by the way, wash the rice first in hot water. Then once the rice has started to cook, lower the heat and let it boil gently. If you keep it boiling too rapidly all the time, you will break the grains. And if you try to cook it below the boiling point (simmer it rather than boil), the grains will absorb so much water that they'll be sticky. Just keep it boiling gently, and leave the cover off the kettle.

MR. SALISBURY: The lid is off.

MISS VAN DEMAN: Yes, the lid is off the rice kettle.

MR. SALISBURY: And the rice is done when -- ?

MISS VAN DEMAN: When you lift up a few grains with a fork and press them between the thumb and finger, and find them tender all through, with no hard center.

Then drain the rice at once in a colander or a sieve -- be sure it is large enough so the rice isn't piled in so deep that it will pack down -- and pour hot water through it to wash away the starch and separate the grains. Now cover it with a cloth and put in a warm oven, or set it over a kettle of steaming water. If you measured the rice then, and again 10 or 15 minutes later, you'd be surprised how much it had swelled. One cup of uncooked rice will make between 3 and 4 cups of fluffy boiled rice with big separate grains.

Every now and then comes a letter from somebody saying her boiled rice comes out with a queer greenish or gray cast. She wants to know whether there's something the matter with the rice. No, the trouble is generally with the water. If it has a lot of mineral matter in it, it will discolor rice that way. A pinch of cream of tartar in the cooking water will often prevent it.

Sometimes you want soft, sticky boiled rice to use in making croquettes or rice ring. Then use 2 cups of water to 1 cup of rice,

and cook it in a double boiler or tight cooker.

But, I see that the 5 minute deadline is here, Morse. So I'll have to call quits on the subject of rice today.

MR. SALISBURY: We're sorry to crowd you, Ruth. But we'll be looking for you again next week. And if anybody wants that rice bulletin I mentioned a few minutes ago, send a card to Miss Van Deman at the Bureau of Home Economics here in Washington, and ask for Leaflet 112, "Cooking American Varieties of Rice".

#####

